

Vegetable Salad

Rating: ★★ ★

Makes: 12 servings

Ingredients

1 can whole kernel corn (12 ounce, drained)
1 can carrot (14 1/2 ounce, drained)
1 can green beans (14 1/2 ounces, drained)
1 can tomatoes (14 1/2 ounces, - chopped)
1 tablespoon onion (finely chopped)
1/16 cup green pepper (1 Tablespoon, finely chopped)
1/3 cup tomato juice from canned tomatoes
1/4 cup vegetable oil
1/3 cup vinegar
2 tablespoons corn syrup
1/8 teaspoon black pepper

Directions

1. Drain corn, carrots, and green beans. Throw away liquid. Rinse vegetables and drain again.
2. Drain tomatoes. Save 1/3 cup of the liquid.
3. Mix corn, carrots, green beans, tomatoes, onion, and green pepper in a large bowl.
4. Mix together all other ingredients in a separate bowl.
5. Pour over vegetables.
6. Cover and set aside for at least 3 hours in the refrigerator.

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	90	
Total Fat	5 g	8%
Protein	1 g	
Carbohydrates	11 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	0.5 g	3%
Sodium	270 mg	11%

You can also use a 16 ounce bag of frozen vegetables in place of canned corn, carrots, and green beans. However, analysis was done with ingredients as specified in the recipe.

University of Wyoming, Cooperative Extension, Cent\$ible Nutrition Cook Book, p.fv-28